



October 29th, 2016 from 1-3pm
Messiah Lutheran Church
3600 Northwest Expressway

The holidays can be a particularly hard time if you are grieving. We invite you to come to grief share Saturday, October 29th from 1pm to 3pm in the south pod and learn not only about surviving the holidays, but find strength, healing and tools to move forward in your journey through grief.

Surviving the Holidays seminar offers practical and actionable strategies for making it through the holiday season. At this two hour seminar, you'll view a video featuring advice from people in grief who have faced the holidays after their loss. You will meet other grieving people you will be able to share with if you chose to. You'll receive a Holiday Survival Guide with over 30 encouraging readings, helpful charts and tips to manage the holiday season this year and years to come.

Please invite anyone you know that would benefit from this seminar. We ask for \$12 donations to help offset the costs of the materials. To register, please write your contact information on the back of this insert.

I would like to attend the Surviving the Holidays Seminar
Saturday, October 29th from 1-3pm

Name: _____

Phone: _____

Email: _____

I intend to invite a guest to attend with me: Yes / No



If you have questions or would like to find out more about grief share you may contact:

*Sarah Faul
405-708-9115
sarahfaul@cox.net
Or visit www.griefshare.org*